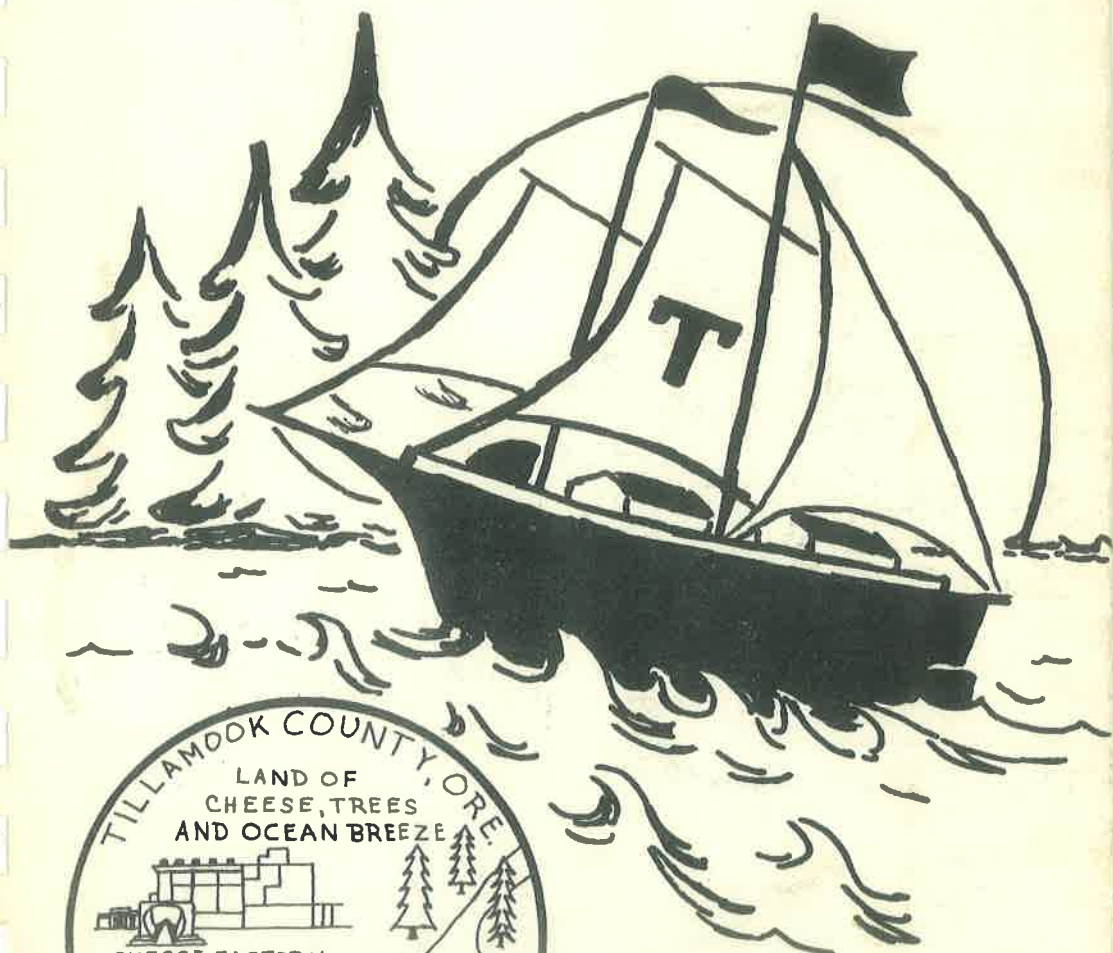


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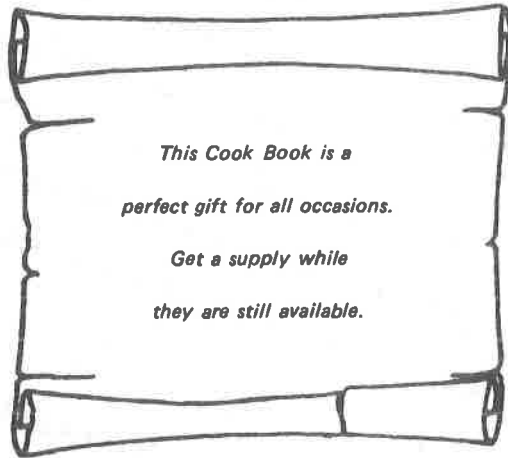
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OBJECTIVES

- To elevate the standards for women in business and in the professions;
- To promote the interest of business and professional women;
- To bring about a spirit of cooperation among business and professional women;
- To extend opportunities to business and professional women through education along lines of industrial, scientific and vocational activities.



KEEP US, OH GOD,

from pettiness; let us be large in thought, in word, in deed. ♣ Let us be done with fault-finding and leave off self-seeking. ♣ May we put away all pretense and meet each other face to face—without self-pity and without prejudice. ♣ May we never be hasty in judgment and always generous.

Let us take time for all things; make us to grow calm, serene, gentle. ♣ Teach us to put into action our better impulses, straightforward and unafraid.

♣ Grant that we may realize it is the little things that create differences, that in the big things of life we are at one.

♣ And may we strive to touch and to know the great, common human heart of us all, and, oh Lord God, let us forget not to be kind!

Mary Stewart



**APPETIZERS
PICKLES
RELISHES**

A HANDY SPICE GUIDE TO MAKE YOU BECOME A SEASONED SEASONER

ALLSPICE....a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. **USES:** (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL....the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. **USES:** For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES....the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. **USES:** For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY....the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. **USES:** For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER....a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. **USES:** For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL....the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. **USES:** Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE....the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. **USES:** (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM....an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. **USES:** In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)....is a vegetable protein derivative for raising the effectiveness of natural food flavors. **USES:** Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO....the leaf of a safe bush growing in Italy, Greece and Mexico. **USES:** An excellent flavoring for any tomato dish, especially Pizza, chili con carne, and Italian specialties.

PAPRIKA....a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. **USES:** A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY....the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. **USES:** Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY....an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. **USES:** In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

SAGE....the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. **USES:** For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME....the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. **USES:** For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC....a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. **USES:** As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

APPETIZERS, PICKLES, RELISHES

QUESADILLA

Carolyn Birk

2 large flour tortillas Cooking oil
2 c. grated Cheddar cheese

Fry the tortillas until golden brown and crispy. Remove from oil, and place on paper towel to drain. Just before ready to serve, place on cookie sheet. Sprinkle cheese over tortillas and place in preheated, 350° oven, until cheese is melted. Break into pieces to serve.

TILLAMOOK CHEDDAR CHEESE FONDUE

Jan Nelson

1 lb. sharp Cheddar cheese, 1 clove garlic
 shredded (4 c.) 3/4 c. white wine
1 Tbsp. flour Salt

Toss cheese with flour. Rub garlic in double boiler. Pour in wine; heat until air bubbles rise to surface. (Do not boil.) Slowly add cheese, stirring constantly. Add dash of salt. Keep warm in fondue pot or chafing dish. Dip cubes of sour dough bread, vegetables, or small cooked sausages.

ZUCCHINI SWEET PICKLE RELISH

Lorena Weber

Grind and let stand overnight:

10 c. grated zucchini 2 Tbsp. salt
4 c. grated or diced onions

Next day drain and rinse in cold water. Drain well, then add:

2 1/4 c. cider vinegar 1 Tbsp. cornstarch
6 c. sugar 2 tsp. celery seed
1 Tbsp. nutmeg 1 green pepper, chopped fine
1 Tbsp. turmeric 1 red pepper, chopped fine

Cook 30 minutes. Seal while hot. Makes 6 pints. I've found that 3 times this recipe makes about 24 pints.

DILL BEANS

Nancy Brennan

2 lb. very small green beans 2 1/2 c. water
1 tsp. cayenne pepper 2 1/2 c. white vinegar
4 cloves garlic 1/4 c. salt
4 heads dill

DILL BEANS (Continued)

Boil water, vinegar, salt. Pack beans lengthwise, leaving 1/4 inch head space. Add 1 clove garlic, 1/4 teaspoon cayenne, 1 head dill. Pour water over beans, cap and process in boiling water 10 minutes. Let stand 2 weeks before using.

DILL PICKLES (2 quarts)

Marietta S. Butler

Brine:

3 c. spring water	4 heads fresh dill
1 c. cider vinegar	2 cloves garlic
1/4 c. pickling salt	4 grape leaves (opt.)

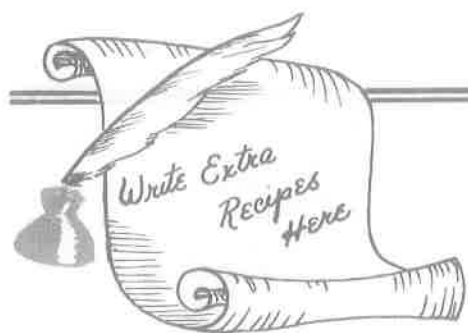
Bring to a boil. Choose uniform, fresh, cool, clean cucumbers. Prick each twice with fork. Arrange in quart jars with 1 grape leaf in bottom, 1 head of dill with stem and 1 clove of garlic. Top off with 1 more head of dill and grape leaf. Pour hot brine to cover cucumbers and seal. These will be ready to eat in 3 weeks. For best results, do not double recipe for brine, do not use treated water, always use pickling salt and cider vinegar, freshen cucumbers in ice water.

DILL PICKLES

Mrs. Fred Berkey

3 c. water	1 tsp. pickling spices
1 c. vinegar	1/2 tsp. dill seed
1 Tbsp. salt	1 branch dill
2 cloves garlic, quartered	

Scrub cucumbers. Place spices, garlic and dill seed in quart jar. Pack cucumbers in firmly. Add salt and poke in dill. Boil water and vinegar 5 minutes, then pour over cucumbers. Seal jars immediately. Pickles are ready to use in about 3 months.



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**SOUPS
SALADS
VEGETABLES**

TO QUICK—FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water, enough to cover food. Cover the kettle and then **COUNT THE TIME RECOMMENDED FOR EACH vegetable**. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and **PACK AT ONCE**.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size.
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill, pack.	Cut: 2 minutes in boiling water. Whole: 2 1/2 minutes in boiling water.
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack.	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole.	Whole: 4 1/2 minutes in boiling water. Sliced: 3 minutes in boiling water.
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water.
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium, 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS Beet, Chard, Kale, Mustard, Spinach, Collards, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water.
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water.

SOUPS, SALADS, VEGETABLES

TILLAMOOK BAY CLAM CHOWDER

Blanche Russ

1 pt. ground clams	3 strips bacon
3 medium sized potatoes	2 c. milk
1 small onion, minced	Cornstarch

Boil potatoes and onion in one kettle. Cook clams, if fresh, in larger soup kettle. Dice bacon and fry in pan, drain off grease. Add bacon, boiled potato and onion to soup kettle, when clams are cooked and tender. Add milk, then thicken with cornstarch.

BARLEY SOUP

Nora Kremers

1/3 c. barley	3 c. boiling water
1/2 c. onion	Salt and pepper
1 c. carrots	2 Tbsp. butter
2 c. cooked tomatoes	1/2 c. finely chopped celery

BEEF CHEESE SOUP

Luella Hauptert

3/4 c. butter	1/2 c. 1/8 inch diced carrots
1/2 c. 1/8 inch diced celery	1/2 c. 1/8 inch diced onion
1/2 c. flour	1/2 tsp. dry mustard
2 1/2 pt. chicken stock	6 oz. Tillamook Cheddar cheese
2 Tbsp. Parmesan cheese	1 (11 oz.) bottle beer
1/4 tsp. Accent	Salt and pepper to taste

Saute vegetables until done, but not browned. Blend in flour, dry mustard and chicken stock; cook 5 minutes. Blend in Cheddar cheese, Parmesan cheese and beer. Let simmer 10 minutes. Season and serve with French bread and tossed salad.

MOLDED SALAD WITH CRAB OR SHRIMP

Mrs. J. S. Bohannon

1 can tomato soup, do not dilute	1 c. crabmeat or shrimp
2 tsp. Worcestershire sauce	3 hard cooked eggs, diced
1 envelope gelatin	1 Tbsp. minced onion
1/2 c. cold water	1 c. diced celery
1 c. mayonnaise	

Add sauce and gelatin soaked in cold water to heated tomato soup. When cool, add other ingredients. Chill until set. Serves 6.

BERTHA'S CRAB SALAD

Bertilie Flatz

- | | |
|--|-----------------------------|
| 1 pkg. unflavored gelatin | 1/4 c. cold water |
| 1 can tomato soup, undiluted | 2 tsp. Worcestershire sauce |
| 1 c. mayonnaise | 3 diced hard cooked eggs |
| 1 Tbsp. onion, diced | 1 c. celery, diced fine |
| 1 c. crabmeat or shrimp or combination | |

Soak gelatin in cold water. Heat soup, dissolve gelatin in soup. Add Worcestershire sauce. Add mayonnaise and cool. Add eggs, celery, onion and crabmeat. This makes 8 good portions. Fills 6 cup mold.

GERMAN POTATO SALAD

Dorothy Rimmer

Cook 5 pounds potatoes in skins until tender, about 35 minutes (slow boil). Cool, skin and slice.

Sauce:

- | | |
|----------------------|----------------|
| 1/4 lb. bacon, diced | 1 onion, diced |
|----------------------|----------------|

Brown bacon, add onion, cook slowly 10 minutes. Remove from flame. Add:

- | | |
|---------------|---------------------|
| 1/4 c. sugar | 1/4 c. wine vinegar |
| 2 Tbsp. flour | 1 1/2 c. water |

Cook until glossy. Add cold potatoes. Season to taste with salt, pepper and celery salt. Serve warm.

CHOP SUEY SALAD

Lilah Danison

- | | |
|---|-----------------------------------|
| 4 hard boiled eggs | 1 small onion, chopped |
| 1 pkg. Chinese noodles, broken in 1 inch lengths and cooked until tender, then washed in cold water and drained | 1 can tuna fish (or any sea-food) |
| 2 carrots, grated | 1 small can chopped black olives |
| Garlic powder to taste | 1 c. dark sweet pickle relish |
| | Mayonnaise to moisten |

Mix all ingredients together and let stand for a few hours before serving.

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PINEAPPLE CHEESE JELLO SALAD

Margaret Graham
Garibaldi, Ore.

1 pkg. lime jello
1/2 c. cottage cheese
1/2 c. canned milk
1 small can crushed pineapple

1 c. boiling water
1/2 c. thick mayonnaise
1 tsp. horseradish

Dissolve jello and let cool. Add pineapple and let thicken. Add rest of ingredients and chill.

AMBERINE SALAD

Dennis Pastega

Use 2 1/2 quart mold. First layer:

1 (3 oz.) pkg. lemon jello
1 c. 7-Up

1 c. hot crushed pineapple

Dissolve jello in hot pineapple. Add chilled 7-Up. Pour into mold and chill until firm.

Second Layer:

1 (3 oz.) pkg. orange jello
1/2 c. hot water

1 c. 7-Up
1 small can Mandarin oranges

Dissolve jello in hot water, add chilled 7-Up and drained oranges. Pour mixture over firm lemon layer. Return to refrigerator and chill until set.

Third Layer:

1 (3 oz.) pkg. raspberry jello
1 c. 7-Up

1 can whole cranberry sauce

Dissolve jello in hot cranberry sauce. Add chilled 7-Up. Pour mixture over firm second layer. Chill until firm, preferably overnight.

SALAD DESSERT (Frosted Fruit Salad)

Lea Traxler
Cloverdale, Ore.

1 pkg. lemon jello
1 pkg. orange jello
2 c. boiling water
1 1/2 c. cold water
Juice of 1 lemon

1 (1 lb. 4 oz.) can crushed
pineapple
2 diced bananas
10 marshmallows or
miniatures

SALAD DESSERT (Continued)

Dissolve jello in hot water. Add cold water, lemon juice. Chill until partly thickened, fold in bananas, pineapple and marshmallows. Meantime, make the frosting:

2 Tbsp. flour	1 c. pineapple juice
1/2 c. sugar	1 c. whipped cream
1 egg, slightly beaten	1/2 c. sharp or medium
2 Tbsp. butter	sharp grated cheese

Mix flour and sugar in heavy pan, add pineapple juice and egg, cook stirring constantly until thick. Add butter and cool. When cold, fold in the whipped cream. Spread on jello and sprinkle the grated cheese on top.

STRAWBERRY SALAD

Jean Bailey

1 large pkg. strawberry jello	3 medium bananas, chopped
1 c. boiling water	1 c. chopped nuts (opt.)
2 (10 oz.) pkg. frozen, sliced strawberries, partly thawed	1/2 pt. commercial sour cream
1 (1 lb. 4 oz.) can crushed pineapple	1 (12x8x2 inch) baking dish

In large bowl, combine jello and boiling water. Fold in strawberries, juice, bananas, drained pineapple and nuts. Put 1/2 of mix into dish and let set; spread sour cream on top, and pour on rest of mix.

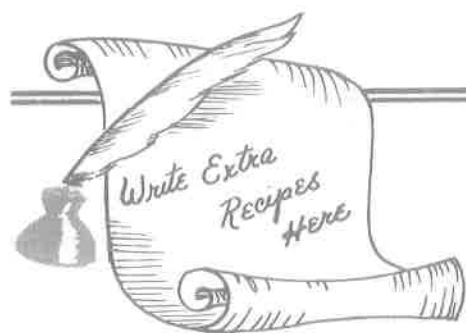
Note: By adding the partially frozen strawberries, it was thick enough to put in layers.

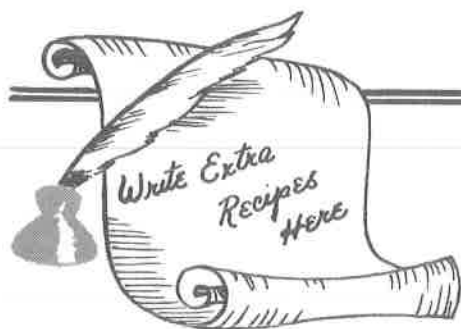
ZUCCHINI WITH HAM

Mrs. Clay Cornett

1 pkg. Betty Crocker ham flavored "Country Cuts"	1/4 c. chicken broth
1 large carrot, grated	1 Tbsp. cornstarch
4 small zucchini, sliced, unpeeled	1/2 tsp. salt
1 large onion, sliced	1/4 tsp. sugar
3 Tbsp. oil	1/2 tsp. ginger
	1 clove garlic
	1 Tbsp. soy sauce

Heat pan, add oil, add garlic, stirring 1 minute. Remove garlic. Add ham, brown about 1 minute. Add carrot, zucchini, onion. Cook about 4 minutes until tender crisp. Dissolve cornstarch in chicken broth; add salt, ginger, sugar, soy sauce to cooking pan. Stir and add broth. Mix thoroughly. Makes 4 servings.





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MAIN DISHES



HANDY CHART OF KITCHEN MATH WITH METRIC

KITCHEN MATH WITH METRIC TABLES

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
1/3 cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus ¾ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

THE APPROXIMATE CONVERSION FACTORS FOR UNITS OF VOLUME

To Convert from	To	Multiply by
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft³)	cubic meters (m³)	0.03
cubic yards (yd³)	cubic meters (m³)	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m³)	cubic feet (ft³)	35
cubic meters (m³)	cubic yards (yd³)	1.3

DEEP-FAT FRYING TEMPERATURES WITHOUT A THERMOMETER

A 1-inch cube of white bread will turn golden brown:

345° to 355°	65 seconds
355° to 365°	60 seconds
365° to 375°	50 seconds
375° to 385°	40 seconds
385° to 395°	20 seconds

TABLE OF PROPORTIONS

Gelatin (unflavored) - 1 Tbsp. thickens 2 cups liquid

Salt	
Soups & Sauces	1 tsp. to 1 qt. sauce
Dough	1 tsp. to 4 cups flour
Cereals	1 tsp. to 2 cups liquid
Meat	1 tsp. to 1 lb. meat
Vegetables	½ tsp. using 1 qt. water

SIMPLIFIED MEASURES

dash = less than 1/8 teaspoon	2 pt. (4 c.) = 1 qt.
3 tsp. = 1 Tbsp.	4 qt. (liquid) = 1 gal.
16 Tbsp. = 1 cup	8 qt. (solid) = 1 peck
1 cup = ½ pt.	4 pecks = 1 bushel
2 cups = 1 pt.	16 oz. = 1 lb.

If you want to measure part-cups by the table-spoon, remember:

4 Tbsp. = ¼ cup	10 2/3 Tbsp. = 2/3 cup
5 1/3 Tbsp. = 1/3 cup	12 Tbsp. = ¾ cup
8 Tbsp. = ½ cup	14 Tbsp. = 7/8 cup

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8-oz.	1 cup
picnic	1¼ cups
No. 300	1½ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

MAIN DISHES

CHAFFINBURGERS

Eleanor Polette

- | | |
|-------------------------------------|-----------------|
| 1 lb. hamburger | 1 tsp. catsup |
| 1 egg | 1 tsp. mustard |
| 1 tsp. Worcestershire sauce | Salt and pepper |
| 1 tsp. garlic powder or garlic salt | |

Mix thoroughly. Place enough on 1/2 hamburger bun to cover completely. Bake at 400° for 20 minutes. Remove from oven. Makes about 6.

MEXICO CITY TAMALES PIE

Mrs. B. C. Lamb

- | | |
|---------------------------------|-------------------------------|
| 6 tamales | 3/4 c. grated Parmesan cheese |
| 1 boiled chicken breast, sliced | |

Sauce:

- | | |
|----------------------------|--------------------------------|
| 1 c. canned tomato sauce | 2 Tbsp. salad oil |
| 1/2 c. chili sauce (sweet) | 1/2 c. seeded raisins, scalded |
| 1 c. whole kernel corn | 10 ripe olives, cut in strips |
| 2 Tbsp. sugar | |

Remove husks from tamales and arrange in buttered casserole. Distribute over these the slices of chicken breast. Add salt and pepper to the sauce if needed, and pour over the tamales. Sprinkle Parmesan over all, and bake at 375° for 45 minutes. Serves 4-5.

TAMALES PIE

Naomi Rice

- | | |
|--|-------------------------|
| 1 stewing chicken, veal, pork or hamburger, cut up into small pieces | 1 can mushrooms |
| 1 can strained tomatoes | Onion and garlic |
| 1 can tomato sauce | 2 tsp. pepper |
| 1 can olives and juice | 2 tsp. paprika |
| | 1/4 tsp. cayenne pepper |

Fry diced onion and garlic in oil. Add other ingredients. Thicken with flour and water. Line baking dish with corn meal mush. Place above mixture into dish. Cover top with corn meal mush. Bake covered for 30 minutes. Make the mush in the broth the meat was cooked in.

MANE - ANN'S QUICHE LORRAINE

Mrs. Art Crossley
Bay City, Ore.

Filling:

- | | |
|------------------------------------|-----------------------------------|
| 2 c. (8 oz.) shredded Swiss cheese | 1/4 tsp. fresh ground nutmeg |
| 6 slices bacon, cook, crumble | Dash of cayenne pepper |
| 2 c. light cream or Half and Half | 2 Tbsp. butter, melted |
| 4 eggs, slightly beaten | 2 Tbsp. grated Parmesan cheese |
| 1 Tbsp. cornstarch | 1/2 lb. crabmeat or shrimp (opt.) |
| 1/2 tsp. salt | |

Toss cheese and bacon; place in 2 unbaked (9 inch) pie shells. In mixing bowl, combine cream, eggs, crabmeat (shrimp), cornstarch, salt, nutmeg and pepper until well blended. Pour over cheese and bacon. Drizzle on butter. Sprinkle with Parmesan cheese. Bake 40 minutes at 375°. Let stand 10 minutes. Serve.

COMPANY HAMBURGER CASSEROLE

Clare Hays
Oceanside, Ore.

- | | |
|-----------------------------|-----------------------------|
| 1 lb. hamburger | 1/2 c. chopped green onions |
| 1 Tbsp. butter | 1 Tbsp. green pepper |
| 2 (8 oz.) cans tomato sauce | 2 Tbsp. butter, melted |
| 1/2 c. sour cream | 8 oz. noodles |
| 1 c. cottage cheese | 8 oz. pkg. cream cheese |

Brown hamburger in butter. Stir in tomato sauce. Remove from heat. Boil noodles in salted water for 10 minutes. Drain. Combine cheeses and sour cream, onion and green pepper. In a buttered 2 quart casserole, put 1/2 noodles, put melted butter over noodles. Add cheese and sour cream with onions and green pepper. Add other 1/2 of noodles. Put hamburger mixture on top. Bake in 350° oven for 20-25 minutes.

CRAB-CHEESE CASSEROLE

Mrs. J. S. Bohannon

- | | |
|------------------------------------|------------------------------|
| 1 (No. 2) can hominy | 1 c. grated Tillamook cheese |
| 1/2 lb. crabmeat | Bread crumbs |
| 1 1/2 c. well seasoned cream sauce | |

Drain hominy. Chop to about 1/4 original size. In greased 1 1/2 quart casserole, place layer of hominy and layer of crabmeat. Pour 1/2 of cream sauce over this and 1/2 cup of cheese. Repeat. Top with buttered bread crumbs. Cover. Bake in 350° oven for 45 minutes. Remove cover last 15 minutes.

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CRAB CASSEROLE

Lillian Johnson

1 can shrimp soup (frozen)	1/3 c. mayonnaise
2/3 c. milk	1 lb. crabmeat
1/4 c. grated Tillamook sharp cheese	2 c. dry noodles

Boil noodles first in salted water for 5 minutes. Drain; then mix with above ingredients. Add more seasoning if desired. Put into a casserole baking dish. On top put 1 can French fried onion rings. Bake 350° for 30 minutes. Serves 6-8.

QUICK LORRAINE

Naomi Rice

3 eggs	1/4 tsp. dry mustard
1 c. light cream	Dash of cayenne pepper and
3 green onions	black pepper
	Salt

Beat together and set aside. Into a baked pie shell (cold) place:

1 c. shredded Swiss cheese	1 c. shredded crab, lobster,
1 c. shredded Tillamook cheese	tuna, chicken or pork (any- thing you desire)

Pour egg mixture over top of meat and cheese. Bake in 375° oven for 35 minutes or until silver knife comes out clean.

BEEF AND BEAN CASSEROLE

Karen Zintak

Brown together:

1 lb. ground beef	1/2 c. minced onion
1/4 c. green pepper	1/2 c. diced celery

Add:

1 (8 oz.) tomato sauce	1/2 tsp. dry mustard
1/2 c. water	1/2 tsp. thyme
1 clove garlic, minced	1 Tbsp. brown sugar
2 Tbsp. wine vinegar	Salt and pepper to taste
1 tsp. dry mustard	1 large can pork and beans (plain)

Heat together on top of stove. Then bake at 375° for 45 minutes. Serves 4-5.

ITALIAN DELIGHT

Naomi Rice

1 lb. ground round steak
1 lb. pork sausage
1 onion
1 can whole kernel corn

1 can tomato paste
1 pkg. wide noodles
1/2 lb. grated Tillamook
cheese
Salt and pepper

Brown pork sausage and round steak in skillet. Add remaining ingredients, except for cheese and noodles. In casserole dish alternate meat mixture and noodles, sprinkling each layer with Tillamook cheese. Top with cheese. Bake at 350° for 3/4 hour. Serves 8.

Note: This is a good mixture for use in stuffed peppers.

CHOPPED CABBAGE AND HAMBURGER

Mae Ford

1 lb. hamburger

1 onion

Brown together.

1/3 c. rice (uncooked)
1 1/2 c. water
1 can Hunt's tomato sauce

1 small head cabbage, chopped
Salt and pepper to taste

Cover and bake 1 hour or until cabbage is done. Make 1/2 of this recipe to serve 2.

TACO CASSEROLE

Florence Bush

1 (11 oz.) pkg. corn chips,
crushed
4 medium sized tomatoes,
chopped
1 1/2 medium onions, sliced

1 head lettuce, torn into bite
size chunks
3 (1 lb.) cans chili con carne
with beans (best brand
available)
2 lb. sharp Cheddar cheese,
grated

Arrange ingredients in order given in layers in casserole. Bake 25 minutes in 425° oven until cheese is bubbly hot and melted.

ENCHILADAS (A cheap and delicious meal)

Donna Bedford

Sauce:

2 Tbsp. diced onion
2 Tbsp. oil
1 lb. can tomatoes
1 clove garlic

2 tsp. chili powder
1 tsp. salt
1/4 tsp. Tabasco sauce

ENCHILADAS (Continued)

Brown onion in oil, add a small amount of flour and stir. Add remaining ingredients. Cook on low heat about 10 minutes.

Tortilla filling:

2 c. shredded cheese	1/4 tsp. salt
1 c. diced onion	

Combine ingredients; set aside.

Tortilla:

1 c. flour	1 egg
1/2 c. corn meal	1 1/2 c. cold water
1/4 tsp. salt	

Stir all ingredients together until smooth. Heat pancake grill or iron skillet, grease lightly. Pour or spoon batter into tortilla or pancake shape on griddle. When nearly done, turn over. Set aside tortillas on plate until all tortillas are made. Dip both sides of tortillas in sauce. Fill with cheese filling and roll up. Place rolled tortillas in lightly greased pan, 8x12 inches. Spoon remaining sauce over filled tortillas and top with shredded cheese. Place in heated oven, 350° for 15-20 minutes.

SAUSAGE CASSEROLE

Jocelyn Bunnell

1 1/2 lb. pork sausage	1-2 pkg. frozen Chinese or or Japanese vegetables
5 green onions with stems, chopped	2 pkg. dry onion soup mix
1 large green pepper, chopped	4 1/2 c. water
1 medium stalk celery, chopped	1 1/2 c. raw brown rice
	1 c. chopped water chestnuts

Fry sausage until crumbly, drain well. Add onions, pepper, celery and vegetables. Add onion soup mix, rice, water and water chestnuts. Mix well. Bake covered at 350° for 1 1/2 hours, or easier still, cook in electric fry pan, low heat, for about 1 hour. Sprinkle with slivered almonds.

BAKED CHICKEN

Marge Birk

8-10 boned, skinned chicken breasts	Small container of sour cream
1/3 c. sauterne wine	1 can cream of mushroom soup

Combine liquids and pour over uncooked chicken. Bake at 350° for 1 1/2 hours in uncovered dish.

CHICKEN ALA MONJA
(From the Philippines) (Serves 2)

Frances Freidrich

Sprinkle skinless chicken breasts (if preferred) (about 4) with garlic salt and pepper. Let stand 45 minutes. Broil lightly to golden. Put in casserole with:

2-3 Tbsp. soy sauce	1 c. water
1 bay leaf	1 tsp. sugar
1/4 c. vinegar	

Bake about 1 hour. To juice add:

1 tomato, cut in large wedges	4 Tbsp. pineapple juice
4 slices pineapple, canned in own juice, cut in thirds	1/2 green pepper, cut in large chunks

Bring to a boil and simmer 4-5 minutes. Add fruit and vegetables to platter and a bit of the juice.

PARMESAN CHICKEN

Esther Pangborn
1975 Oregon Mother of the Year

6 chicken breasts	1 c. celery soup
6 chicken thighs	2 1/2 oz. slivered almonds
1 c. mushroom soup	3 Tbsp. grated Parmesan
1 c. cream of chicken soup	cheese

Place chicken in deep baking dish. Pour over the 3 cans of soup. Sprinkle with slivered almonds. Bake 1 1/2 hours. Sprinkle with Parmesan cheese the last 1/2 hour.

SWEET AND SOUR CHICKEN

Lilah Danison

Cut up 2 fryers. Mix together:

1 bottle Russian dressing	1 (18 oz.) jar apricot jam
1 pkg. dry onion soup mix	

Place chicken in flat baking dish (do not salt, pepper or flour). Pour mixture of dressing, soup mix and jam over chicken and bake at 350° for 1 1/2 hours, covering with foil the last 1/2 of baking time.

CHICKEN A LA CAN CAN

Florence Bush

1 (10 1/2 oz.) can condensed
cream of chicken soup
1 (10 1/2 oz.) can condensed
cream of celery soup
1 soup can water

1 (12 oz.) can boned chicken or
1 1/2 c. boned cooked chicken
pieces
1 soup can (1 1/3 c.) Minute
Rice
1 (3 1/2 oz.) can French fried
onions

Combine soups, water and chicken. Add Minute Rice, right from the box. Stir to mix. Bring quickly to a boil. Cover. Reduce heat. Simmer only 7 minutes. Top with onions, heated according to directions on can. Will serve 4-6 people.

CHICKEN WITH WINE

Pat McCoy
Nehalem Bay Winery

Cut up 1 frying chicken. Saute in olive oil; chop up 1 clove garlic and add; remove garlic after it is brown. After chicken is well browned on both sides, add 1/2 cup Nehalem Bay apricot wine. Cover and steam for 20 minutes. Remove chicken from sauce. Add 1 can apricots and cook down. Serve the sauce and apricots over chicken.

For variation, use Nehalem Bay cherry wine and a can of dark sweet cherries, or Nehalem Bay peach wine and sliced peaches.

CHICKEN TERIYAKI AND RICE

Joanne Bowyer

Combine:

1/2 c. soy sauce
1/4 c. water
1/4 c. white wine

2 Tbsp. sugar
1/2 tsp. ginger
1 clove garlic, crushed

Marinate cut up chicken in above sauce 2 hours or overnight. The longer the better. Bake chicken in sauce approximately 1 hour at 325°, turning occasionally. Steam rice on top of stove; add diced celery before steaming. When chicken and rice are done, pour marinade sauce over rice, stir and serve.

BARBECUED CRAB

Luella Hauptert

2 qt. tomato juice
2 cans hot sauce
1 can tomato paste
1 large can mushrooms and juice
5 cloves garlic

3 medium onions
3/4 c. catsup
4 Tbsp. Worcestershire sauce
3 Tbsp. Chinese soy sauce
4 cans bouillon or consomme,
undiluted

BARBECUED CRAB (Continued)

Grind mushrooms, garlic and onions together. Add rest of ingredients and simmer 4-6 hours. Pour over cracked crab and dot generously with butter and put under broiler flame in oven at about 350° for 45 minutes or until crab is well blended with sauce and browned. Enough for 5 large crabs. Serves 8.

CRAB SOUFFLE

Mrs. C. W. Jobe
Grass Valley, Calif.

2 c. crab or shrimp	3 c. milk
1/2 c. mayonnaise	4 eggs
1 onion, chopped	1 can cream of mushroom soup
1 green pepper, chopped	8 slices white bread
1 c. celery, chopped	Grated cheese
	Paprika

Put 4 slices of bread, diced, into greased flat pan. Mix crab, mayonnaise, onion, pepper and celery and spread over diced bread. Trim crusts from 4 slices and put over mix. Mix eggs and milk; pour over all. Refrigerate overnight. Bake 15 minutes at 325°. Pour soup over top, sprinkle on cheese and paprika; bake 1 hour, or more, to set. Serves 6-8.

CLAM AND PORK LOAF

Margaret (Peggy) Smith
Garibaldi, Ore.

1 pt. ground clams	1 c. pork sausage
3 eggs, beaten	1/2 c. milk
1 c. cracker crumbs	1 tsp. chopped onion
Salt and pepper to taste	

Mix all as for meat loaf. Bake in well greased pan at 350°. Serve with cream gravy if desired. Bake 45 minutes. For glass pan, 325°.

POLYNESIAN SPARERIBS

Sandy White

4-5 lb. spareribs	1/2 c. orange marmalade
2 tsp. salt	1/4 c. soy sauce
1 1/4 c. Dr. Pepper	

Rub salt into ribs. Cut into serving pieces. Place in roasting pan and roast in 450° oven 45 minutes. Drain fat from ribs. Mix Dr. Pepper, marmalade and soy sauce and bring to boil. Pour sauce over ribs and bake 1 hour at 350°. Baste frequently.



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SPOONBURGERS

Anne Winston

1 lb. hamburger
1 clove garlic, minced
1 medium onion, chopped
1 tsp. salt

3/4 c. Dr. Pepper
1 Tbsp. Worcestershire sauce
1 (6 oz.) can tomato paste
Few drops Tabasco sauce

Brown meat in skillet, add garlic, onion, salt; cook 5 minutes. Add remaining ingredients and simmer about 20 minutes, or until thick. Serve on hot toasted buns. Serves 8.

HUNGARIAN PORK AND SAUERKRAUT GOULASH

Marjorie Christensen

2 lb. boneless pork shoulder,
trimmed
2 c. chopped onion
1 clove garlic, finely chopped
1 tsp. dried dill weed
1 tsp. caraway seed
1 Tbsp. salt

1 beef bouillon cube
1/2 c. boiling water
1 Tbsp. paprika
1 (1 lb. 11 oz.) can sauerkraut,
drained
2 c. dairy sour cream
Hot boiled potatoes

Wipe meat with damp paper towels. Cut meat into 1 1/2 inch cubes; discard fat. In large Dutch oven or heavy skillet, combine pork, onion, garlic, dill, caraway, salt, bouillon cube, and boiling water; bring to boil. Reduce heat, simmer, covered 1 hour. Stir in paprika until dissolved. Add sauerkraut; mix well, simmer covered 1 hour, or until meat is tender. Remove from heat. Gradually stir in sour cream. Return to heat until heated through; do not let boil. Serve with boiled potatoes. Makes 6 servings.

BEEF STROGANOFF AND HOMEMADE NOODLES

Cheryl Williams

Noodles: Combine:

1 beaten egg
1/2 tsp. salt

2 Tbsp. milk

Add 1 cup sifted all purpose flour or enough to make stiff dough. Roll very thin on floured surface. Let stand 20 minutes. Roll up loosely, slice 1/4 inch wide; unroll and spread out and let dry for 2 hours. Drop into beef broth (boiling and diluted). Cook, uncovered, for 10 minutes. Makes 3 cups cooked noodles.

Stroganoff:

2 lb. beef sirloin
4 Tbsp. butter

1/2 lb. mushrooms, sliced
1 large onion, sliced

BEEF STROGANOFF AND HOMEMADE NOODLES (Continued)

1 (10 1/2 oz.) can beef broth	1 1/2 c. sour cream
1/2 c. dry white wine	1 Tbsp. chopped parsley
1/4 tsp. salt	1 Tbsp. minced chives
Dash of pepper	

Slice meat in 1/2 inch thick strips. Heat butter and brown meat. Saute mushrooms and onions. Add meat, beef broth, wine, salt and pepper. Cover and simmer 10 minutes or until tender. May be cooked to this stage and reheated. Stir in sour cream, just heat to boiling, stirring constantly. Sprinkle with parsley and chives. Serve with noodles. This makes 8 servings.

MEAT LOAF

Dorothy Rimmer

2 lb. ground beef	1 tsp. celery salt
8 double soda crackers	2 eggs
1 c. milk	Salt and pepper to taste
1/4 c. catsup	

Soak crackers in milk, add catsup, seasonings and eggs, add beef; mix well. Bake in loaf pan at 325° for 1 hour and 15 minutes.

TERRIYAKI MARINADE STEAK

Lavina Moore

1/2 c. soy sauce	1 Tbsp. ginger root or 1 tsp. ginger
1/4 c. brown sugar	1/4 tsp. pepper
2 Tbsp. salad oil	2 cloves garlic, minced

Marinate 2 hours at room temperature, more than 2 hours if meat is tough. Broil steak rare, medium or well done.

ITALIAN MEAT LOAF

Charlotte Domenic

2 lb. hamburger	1 tsp. Worcestershire sauce
1 egg	1/4 tsp. oregano
1 medium onion, diced	1/4 tsp. garlic powder
1 soup can size Hunt's tomato sauce	Salt and pepper to taste
2 tsp. prepared mustard	

Mix hamburger, onion, egg, spices and 1/3 can tomato sauce and shape into meat loaf. Brown meat loaf on both sides in frying pan. Into remaining tomato sauce, stir in prepared mustard and mix, then add Worcestershire sauce and mix. Then fill can with water and mix. When meat loaf is browned on both sides, pour

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ITALIAN MEAT LOAF (Continued)

tomato sauce over it and put the lid on pan and simmer 45 minutes to 1 hour. Baste while simmering. This is good when served with scalloped potatoes, baked squash and green salad.

MEAT LOAF

Barbara Wiseman

2 lb. ground steak	1 tsp. Accent
2 eggs	1/2 c. warm water
1 1/2 c. bread crumbs	1 pkg. onion soup mix
3/4 c. ketchup	

Beat thoroughly. Put into loaf pan, cover with 2 strips bacon if you like flavor. Pour over all 1 (8 ounce) can tomato sauce. Bake 1 hour at 350°. Serves 6.

STEAK ITALIANO

Mrs. Dave Wilson
Nehalem, Ore.

1/4 c. flour	1 (1 1/2 oz.) pkg. dry spaghetti
1/4 tsp. onion powder	sauce mix
1/4 tsp. pepper	1/3 c. red wine
2 lb. bottom round steak, cut	2 c. regular strength coffee
into individual serving size	(hot or cold)
pieces	1 (6-8 oz.) can sliced mush-
	rooms with liquid

Combine flour, onion powder and pepper; dredge meat in mixture. Choose a large frying pan that can go into oven. In it, brown meat in fat. Combine spaghetti sauce mix, wine, coffee and mushrooms with liquid. Pour over meat. Bake uncovered in 350° oven until tender, about 2 1/2 hours. Skim off fat. Serve. 4-5 servings.

APPLESAUCE MEAT BALLS

Mrs. Dave Wilson
Nehalem, Ore.

2 lb. ground beef	1 stalk celery, thinly sliced
1 c. applesauce	1 green pepper, minced
1 c. soft bread crumbs	1 carrot, thinly sliced
2 eggs	1 small onion, thinly sliced
Salt and pepper to taste	2 c. tomato juice

Combine first 4 ingredients, salt and pepper. Shape mixture into small balls, roll in flour, brown in hot fat. Place in casserole. To drippings in pan add vegetables and tomato juice, season with salt and pepper; bring to boil; pour over meat balls. Cover and bake at 350° for 40-60 minutes. Serves 8.

MORE

Marjorie Christensen

5 lb. hamburger meat	1 Tbsp. lemon juice
1 bottle Heinz chili sauce	1/4 c. brown sugar
Catsup	1 c. cut up onions, don't cook
Mustard	1 c. cut up celery, don't cook

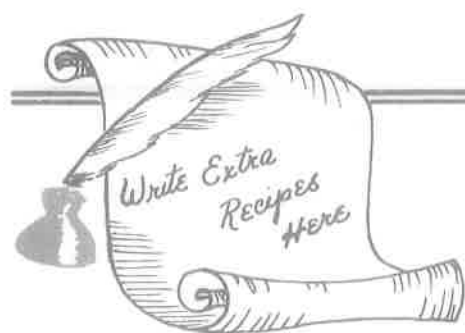
Fry hamburger in pan slowly until browned. Add catsup, 1 bottle Heinz chili sauce, mustard, 1 tablespoon lemon juice and 1/4 cup brown sugar to meat. Add salt and pepper to taste. Simmer. Just before you are ready to serve, add cut up onions and celery which have not been cooked. They give the mixture a crunchy effect. Spoon hamburger mixture onto hamburger buns. This will serve 30 people, and they will ask for More.

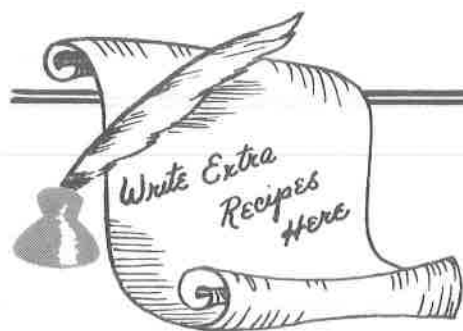
SALISBURY STEAKS

Kay Widmer

1 lb. ground beef	1 tsp. salt
1 egg	Dash of pepper
1 small onion, chopped	Flour
1/2 c. milk	Fat
1 c. corn flakes, crushed	1 can mushroom or celery soup

Combine meat, egg, onion, milk, corn flakes, salt and pepper. Form into 6 patties. Roll in flour; brown in fat. Place in baking pan; cover with mushroom or celery soup and 1 can water. Bake at 350° for 45 minutes. Serves 6.





BREAD ROLLS PASTRY



COOKING SUGGESTIONS

To toast coconut for cakes, put in pie pan and place in moderate oven. Stir often from edges, to brown evenly.

* * * * *

Flour should be sifted once before measuring. Fill the cup without packing.

* * * * *

Do not grease the sides of cake pans, grease only the bottoms.

* * * * *

When beating egg whites do not tap beater on bowl of egg whites. The jarring of beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

* * * * *

Rub the bottom of the soup cup with a sliced whole garlic to accent the flavor of Navy Bean Soup.

* * * * *

Eggs should be at least three days old before using in cakes.

* * * * *

SLOW OVEN 250 to 325 degrees
MODERATE OVEN . . . 350 to 375 degrees
HOT OVEN 400 to 450 degrees
VERY HOT OVEN . . . 450 to 500 degrees

* * * * *

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way. Your finished product will be much smoother and not so apt to become sugary.

PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bathtub.

BREAD, ROLLS, PASTRY

APPLE KUCHEN

Dorothy Wiencek
Milwaukee, Wisc.

Dough:

1 1/2 c. flour	Salt
1/2 c. shortening	1 egg
1/2 tsp. baking powder	1/2 egg shell of milk

Blend together as one would make pie crust. Roll out and place in 13x9 inch pan. Fill with apple filling.

Filling:

8 c. apples	1/2 c. flour
3/4 c. sugar	1/2 tsp. cinnamon

Mix together; top with strusel:

1/2 tsp. cinnamon	1 c. flour
1 c. sugar	1 stick margarine

Bake at 425° for 15-20 minutes; then at 350° for 45 minutes.

SOUR CREAM COFFEE CAKE

Diane Rimmer

1 pkg. yellow cake mix	1/2 pt. (1 c.) sour cream
1 pkg. instant vanilla pudding	4 eggs
1/2 c. vegetable oil	

Mix above ingredients and beat at high speed for 10 minutes.

Topping:

1/4 c. sugar	1 Tbsp. flour
2 tsp. cinnamon	1/2 c. chopped nuts

Grease and flour tube pan. Place 1/2 batter in pan, add 1/2 topping. Repeat with remaining batter and topping. Swirl with knife. Bake at 350° for 50 minutes.

GARLIC BREAD

Dennis Pastega

1 loaf French bread
1 c. Tillamook Cheddar
cheese, shredded
1/4 c. butter

2 Tbsp. Budweiser beer
2 Tbsp. chopped parsley
Parmesan cheese

Mix cheese, butter, beer and parsley. Spread on bread slices. Sprinkle with Parmesan cheese. Broil a few minutes, until cheese melts.

PUMPKIN NUT BREAD

Betty Magarrell

2 c. sifted flour
2 tsp. baking powder
1/2 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg

1 c. solid pack pumpkin
1 c. sugar
1/2 c. milk
2 eggs
1/4 c. softened butter
1 c. chopped pecans

Sift together first 6 ingredients. Combine pumpkin, sugar, milk and eggs in mixing bowl. Add dry ingredients and butter; mix until well blended, stir in nuts. Spread in well greased pan, 9x5x3 inches loaf pan. Bake in 250° oven 45-55 minutes, until toothpick inserted in middle comes out clean. Makes 1 loaf.

Note: For 2 loaves, use 1 large can pumpkin and double all other ingredients. Bread may be frozen.

BANANA NUT BREAD

Kathy Olson

3/4 c. sugar
1/2 c. oil
2 eggs
1/4 c. chopped nuts
1/2 c. bananas

1 3/4 c. sifted flour
2 tsp. baking powder
1/2 tsp. soda
1/2 tsp. salt

Heat oven to 350°. Bake for 70 minutes. Cream sugar and oil, add eggs and beat. Add crushed bananas. Mix flour, baking powder, soda and salt and add to egg mixture. Stir in nuts. Put in greased loaf pan. Can grease with Pam.

GROSS MUTTER'S OLD COUNTRY RYE BREAD

Muriel S. Thompson

2 pkg. (2 Tbsp.) dry yeast
1 c. warm water
2 c. rye flour
4 c. all purpose flour

1/4 c. Carob powder (this is a substitute for chocolate and can be bought at Health Food stores)

GROSS MUTTER'S OLD COUNTRY RYE BREAD (Continued)

1/2 c. molasses (or part molasses and part honey)
1 Tbsp. salt

2 Tbsp. caraway seeds
1 1/2 c. warm water
1 Tbsp. oil

Dissolve yeast in 1 cup warm water in large bowl. Blend flours and carob in another bowl. Combine remaining ingredients in another bowl. Add liquid and yeast mixtures to flours. Knead until smooth. Let rise until double, for 1 - 1 1/2 hours. Punch down. Shape into loaves. Place in greased pans or baking sheet. Cover and let rise 1 hour. Bake at 375° for 50 minutes. Top can be glazed with 1 egg white and 1 tablespoon cold water for the last 5 minutes of baking.

DATE NUT LOAF

Muriel S. Thompson

3/4 c. chopped walnuts
1 c. cut up dates
1/2 tsp. baking soda

1/2 tsp. salt
3 Tbsp. shortening
3/4 c. boiling water

Mix above ingredients with fork and let stand for 20 minutes.

2 eggs
1 tsp. vanilla

3/4 c. honey or 1 c. sugar
1 1/2 c. sifted flour

Beat with fork and add date mixture and blend. Bake at 350° for 45 minutes in ring pan or square pan or loaf pan for 65 minutes.

TAMI'S PIE

Esther Pangborn
1975 Oregon Mother of the Year

1 can Eagle Brand condensed milk

1 small can frozen lemonade (pink or regular)
1 small carton Cool Whip

Mix together and pour in baked pie shell.

HOLIDAY CHERRY PIE

Clare Hays
Oceanside, Ore.

1 (8 oz.) pkg. cream cheese
1/2 c. powdered sugar
1 pkg. Dream Whip

1 prepared baked pie crust or graham cracker crust
1 can prepared cherry pie filling

Cream cheese, mix with fork. Add powdered sugar, until fluffy. Whip Dream Whip. Fold in the cheese mixture. Line

HOLIDAY CHERRY PIE (Continued)

around pie crust, leaving more of a depression in middle. Be sure crust is cold before adding the mixture. Add pie filling. Leave a small amount of whip and a cherry for each piece of pie, to decorate. Refrigerate overnight, if possible.

GRASSHOPPER PIE

Mrs. J. S. Bohannon

Crumb crust for 8 inch pie:

14 Hydrox cookies, crushed 2 Tbsp. butter, melted

Filling:

24 marshmallows 2 Tbsp. white creme de cocoa
1/2 c. milk 1 c. whipping cream
4 Tbsp. green creme de menthe

Melt marshmallows in milk. Cool. Stir in creme de menthe and creme de cocoa and whipped cream. Pour into pie shell. Sprinkle a few crumbs on top. Freeze and serve frozen.

MOM'S BUTTER PIE

Helen Blake

1 c. sugar 2 c. thick cream
3 large Tbsp. butter 1 tsp. vanilla
5 Tbsp. flour

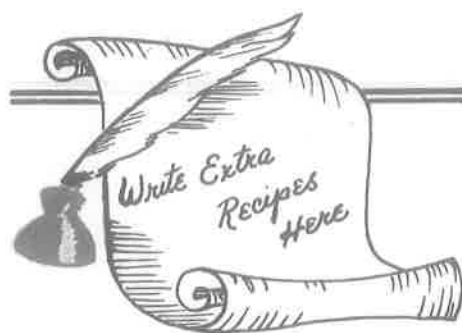
Mix flour and sugar; add butter and mix until fluffy. Add cream, stir, pour into unbaked pie shell. Bake in 400° oven for 10 minutes; reduce heat to 350° and bake 30 minutes longer, or until filling is set in center.

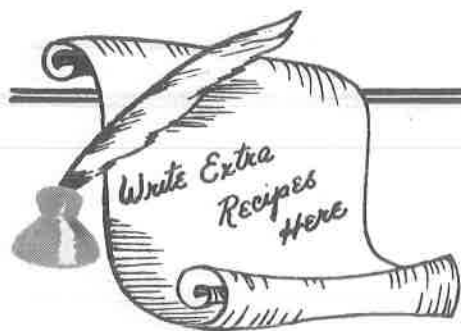
APPLE PIE CAKE

Kathleen Gaston

1/4 c. butter or margarine 1 tsp. soda
1 c. sugar 1 c. flour
1 egg 1/2 c. chopped walnuts
1/4 tsp. salt 2 1/2 c. diced apples, pared
1 tsp. cinnamon 2 Tbsp. hot water
1 tsp. nutmeg 1 tsp. vanilla

Mix ingredients in order given. Pour into greased pie pan. Bake at 350° for 45 minutes. Serve hot with ice cream or cold with whipped cream.





CAKES COOKIES DESSERTS



HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.

COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:

4-cup baking dish:

9-inch pie plate
8x1½-inch layer cake pan—C
7 3/8 x 3 5/8 x 2¼-inch loaf pan—A

6-cup baking dish:

8 or 9x1½-inch layer cake pan—C
10-inch pie plate
8½ x 3 5/8 x 2 5/8 inch loaf pan—A

8-cup baking dish:

8x8x2-inch square pan—D
11x7x1½-inch baking pan
9x5x3-inch loaf pan—A

10-cup baking dish:

9x9x2-inch square pan—D
11¼x7½x1¼-inch baking pan
15x10x1-inch jelly-roll pan

12-cup baking dish and over:

13½x8½x2-inch glass baking pan 12 cups
13x9x2-inch metal baking pan 15 cups
14x10½x2½-inch roasting pan 19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7½x3-inch "Bundt" tube pan—K	6 cups
9x3½-inch fancy tube or "Bundt" pan J or K	9 cups
9x3½-inch angel cake pan—I	12 cups
10x3¾-inch "Bundt" or "Crownburst" pan—K	12 cups
9x3½-inch fancy tube mold—J	12 cups
10x4-inch fancy tube mold (Kugelhupf)—J	16 cups
10x4-inch angel cake pan—I	18 cups

Melon Mold:

7x5½x4-inch mold—H 6 cups

Spring-Form Pans:

8x3-inch pan—B 12 cups
9x3-inch pan—B 16 cups

Ring Molds:

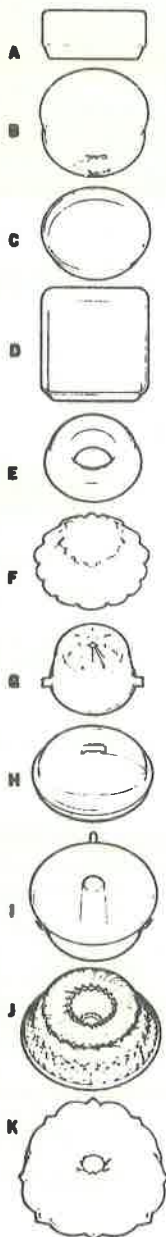
8½x2¼-inch mold—E 4½ cups
9¼x2¾-inch mold—E 8 cups

Charlotte Mold:

6x4¼-inch mold—G 7½ cups

Brioche Pan:

9½x3¾-inch pan—F 8 cups



CAKES, COOKIES, DESSERTS

AN EASY CAKE

Kathleen Kostur

1 c. all purpose flour
2 tsp. salt
1 tsp. soda

1 (No. 303) can fruit cocktail
and juice
1/2 c. brown sugar
1/2 c. milk
1 egg

Sift together dry ingredients. Add beaten egg and fruit cocktail. Blend until dry ingredients are moistened. Pour into greased and floured 13x9x2 inch pan or 2 layer pans. Sprinkle with brown sugar and nuts. Bake at 350° for 35-40 minutes.

CHOPPED RAW APPLE CAKE

Mae Ford

Put 4 cups chopped raw apples in a mixing bowl. In other mixing bowl:

2 eggs
2 c. brown sugar

2 tsp. cinnamon
1/2 c. salad oil or 1/4 lb.
melted butter

Mix well and add:

2 c. flour
1 tsp. cinnamon

1/2 tsp. soda
1/2 tsp. salt

Mix well and add chopped apples and 1 cup chopped nuts. Bake in 9x13 inch pan, 40 minutes at 350°.

ONE BOWL APPLESAUCE CAKE

Mrs. C. W. Jobe
Grass Valley, Calif.

Mix:

2 c. flour
1 c. sugar
2 tsp. soda
1/2 tsp. cinnamon
1/2 tsp. allspice
Dash clove

3 Tbsp. cocoa
1 c. chopped nuts
1 c. raisins
1 can applesauce
1/2 c. salad oil

Pour into greased and floured 9x12 inch pan. Bake 1 hour at 350°.

WINE CAKE

Lavina Moore

- | | |
|--------------------------------|--------------------|
| 1 pkg. yellow cake mix | 3/4 c. cooking oil |
| 1 pkg. instant vanilla pudding | 1 tsp. nutmeg |
| 3/4 c. sherry wine | 4 eggs |

Beat all together for 4 minutes. Pour into greased mold and bake 45-55 minutes at 350°. Turn out of pan after 5 minutes of cooling. Sprinkle with powdered sugar.

APPLESAUCE FRUIT CAKE

Marietta S. Butler

- | | |
|-----------------|---|
| 2 c. sugar | 2 c. hot unsweetened apple-sauce |
| 4 Tbsp. oil | 2 rounded tsp. soda |
| 2 tsp. cinnamon | 3 c. or more flour to make a stiff batter |
| 1/2 tsp. cloves | 1 c. nuts |
| 1 tsp. salt | 1 c. raisins (dates or other dried fruits), cut in bits |
| 1 tsp. nutmeg | |
| 1 tsp. vanilla | |

When you are making applesauce, save out 2 cups for this old fashioned fruit cake that keeps well and can be frozen. Bake in greased, floured tube pan or loaves. For gifts, bake in greased, floured tin cans in various sizes. Bake at 350° for 1 hour.

MAPLE NUT CAKE

Sue Hurliman
Bay City, Ore.

- | | |
|----------------------|---------------------|
| 1 1/2 c. flour | 1/3 c. shortening |
| 1 c. brown sugar | 1/2 c. milk |
| 2 eggs | 1/4 tsp. salt |
| 2 tsp. baking powder | 1 tsp. maple flavor |
| 1 c. nuts | |

Fold in egg whites last.

Mocha Icing:

- | | |
|-------------------------|-------------------------------------|
| 1/3 c. butter | 1/4 tsp. vanilla or maple flavoring |
| 1 1/2 c. powdered sugar | 1-2 Tbsp. cold coffee |
| 1 tsp. cocoa | |

PISTACHIO CAKE

Karen Zintak

1 box Duncan Hines white cake mix	5 eggs
2 pkg. Royal instant pistachio pudding	1/2 c. cooking oil
	1/2 c. water
	1/2 c. milk

Mix together. Grease tube pan and bake at 350° for about 1 hour.

HAWAIIAN SURPRISE

Marge Birk

In 9x13 inch cake pan, pour 2 cans cherry pie filling. Spread evenly. Over the cherries pour 1 large can crushed pineapple. Spread evenly. Then pour 1 package yellow cake mix over all, and spread evenly. Next pour 1 cup crushed walnuts evenly over mixture. Last of all take 1/4 pound butter and slice in very thin squares. Lay each square on top of cake until complete top is covered with butter. Bake at 350° for 1 hour. Serve with whipped cream.

APPLE CAKE

Pearl H. Siskey

4 c. diced, unpeeled apples	2 c. sugar
-----------------------------	------------

Mix and let set 10 minutes.

1/2 c. oil	2 tsp. soda
2 lightly beaten eggs	2 tsp. cinnamon
2 tsp. vanilla	1 tsp. salt
2 c. flour	1 c. nuts

Bake at 350° for 1 hour in greased 9x13x2 inch pan. Moist and easy to make. Forms it's own topping. Serve warm or it keeps well.

LOAF CAKE

Karen Zintak

2 sticks butter	6 eggs
1 1/2 c. sugar	

Cream together, then add:

12 oz. box vanilla wafers, crushed	1 tsp. vanilla
1 c. coconut	1/2 c. milk
1 c. pecans, chopped	1 c. raisins (opt.)

Bake in lightly greased loaf pan for 1 hour at 360°.

GRAHAM CRACKER TORTE

Esther Pangborn
1975 Oregon Mother of the Year

1 beaten egg
1 c. melted butter

1 c. sugar
1/2 c. milk

Bring to rolling boil. Add:

1 c. shredded coconut
1 c. chopped nuts

1 c. graham cracker crumbs
1 tsp. vanilla

Line 9x13 inch pan with whole graham crackers. Pour thickened mixture evenly over crackers. Cover with whole crackers. Frost with butter frosting.

Butter Frosting: In small bowl of electric mixer at high speed:

1 pkg. powdered sugar
1/3 cube melted margarine

1 egg
1 tsp. vanilla

Mix well. Spread on above torte. Refrigerate for 24 hours. Frosting will be runny when finished.

CHEESE CAKE

Naomi Rice

Crust: Use spring form pan. Crush 12-14 graham crackers. Add 2 tablespoons soft butter and dash of cinnamon.

Cake: Have 4 (3 ounce) packages cream cheese at room temperature. Add 2 beaten eggs mixed with:

1/4 c. sugar

1/2 tsp. vanilla

Pour into crust and bake at 350° for 20 minutes, no longer. Cool. Top with 1 carton sour cream to which 1/4 cup sugar and 1/2 teaspoon vanilla has been added. Bake at 450° for 5 minutes. For variation, spread top with 1 can cherry pie filling.

YUM YUM LOAF

Rosemary Petersen

Boil together 5 minutes:

2 c. water
2 c. sugar
1 c. raisins

3 Tbsp. cinnamon
1/2 tsp. salt
3 Tbsp. shortening

Remove from fire, stir in 1 teaspoon soda. Cool until lukewarm.

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**WHEN SHOPPING,
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TO
YOUR COOKBOOK**

YUM YUM LOAF (Continued)

Sift together:

3 c. flour

2 tsp. baking powder

Combine boiled ingredients with flour. Add:

1 egg

1 c. nuts

1 tsp. vanilla

Bake 1 hour at 350° or until done, in greased and floured Angel Food cake pan.

RED VELVET CAKE

Bertha Vice

(Famous for it's pretty color)

1 1/2 c. sugar

2 1/2 c. flour

1/2 c. butter

1 tsp. salt

2 eggs

1 c. buttermilk

1 tsp. vanilla

1 Tbsp. vinegar

2 (1 oz.) bottles red food coloring

1 1/2 tsp. soda

2 Tbsp. cocoa

Cream butter and sugar thoroughly; add eggs. Stir in vanilla. Mix food color with cocoa and let set for a few minutes before adding to mixture. Sift together flour and salt. Add flour and buttermilk alternately; mix soda and vinegar; fold into above mixture. Pour into greased 9 inch round layer pans. Bake at 350° for 25-30 minutes.

Velvet Butter Frosting:

1 c. milk

1 1/2 c. powdered sugar

6 Tbsp. flour

1 tsp. vanilla

1 c. butter

Mix milk and flour. Cook over low heat until very thick. Cool. Cream together butter, sugar and vanilla until light and fluffy. Add cooked mixture to the creamed mixture and mix until just blended.

CHEESE CAKE

Grace Monti
San Diego, Calif.

1 lb. cottage cheese

1 tsp. vanilla

1 lb. cream cheese

3 Tbsp. cornstarch

1 1/2 c. sugar

3 Tbsp. flour

4 eggs

1/4 lb. butter, melted

Juice of 1/2 lemon

1 pt. sour cream

CHEESE CAKE (Continued)

Cream cheese in bowl; add sugar gradually beating, then eggs. Stir in lemon juice, vanilla, cornstarch and flour. Add butter. Mix until smooth. Blend in sour cream. Pour into greased spring form 9 inch pan. Bake at 325° for 1 hour. Turn off heat and let stand in oven 2 hours more with door closed. Then into icebox.

APPLESAUCE CAKE

Mrs. Art Crossley
Bay City, Ore.

1/2 c. shortening	1 tsp. baking powder
1 1/2 c. sugar	1/2 tsp. soda
2 beaten eggs	1 tsp. cinnamon
1 c. thick unsweetened apple- sauce	1/2 tsp. cloves
2 c. flour	3/4 c. raisins
1/4 tsp. salt	1/2 c. chopped walnuts

Cream shortening and sugar; add eggs and beat well. Add applesauce, then sifted dry ingredients. Beat smooth and fold in raisins and nuts. Bake in waxed paper lined 8 inch square pan. Bake at 350° for 50 minutes. Frost with powdered sugar icing.

CARROT PINEAPPLE CAKE

Elaine Durrer

1 1/2 c. oil	1 (13 1/2 oz.) can pineapple tidbits, juice and all
2 c. sugar	3 c. flour
3 eggs	1 tsp. soda
2 c. grated carrots	1/2 tsp. salt
1 tsp. cinnamon	1/2 c. chopped nuts
1 tsp. vanilla	

Combine all ingredients in order listed. Beat just until mixed. Pour into greased and floured 13x9 inch pan. Bake at 350° for 1 hour or until done.

Cream Cheese Icing: Beat together until fluffy:

1 (6 oz.) pkg. cream cheese	2 tsp. vanilla
1/2 c. butter	1 box powdered sugar

Have all ingredients at room temperature.

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VANILLA WAFER CAKE

Frances Walpole

1 c. margarine	1/2 c. milk
2 c. sugar	1 (7 oz.) pkg. coconut
6 eggs	1 c. walnuts
1 (12 oz.) box vanilla wafers	

Cream butter, sugar, eggs, 1 at a time; add crushed wafers and milk. Fold in nuts and coconut. Grease tube pan. Bake 2 hours at 275°.

LEMON CHEESE CAKE

Marge Birk

Crust:

1 c. Zwieback crumbs	1/2 tsp. nutmeg
1/4 c. sugar	1/4 c. melted butter
1/2 tsp. cinnamon	

Mix well and line spring form pan, saving 1/4 cup crumbs for top.

Filling:

3/4 c. sugar	2/3 c. canned milk
2 envelopes unflavored gelatin	2 egg yolks
Salt	

Combine in order given in saucepan. Cook at low temperature until gelatin is well dissolved. Add 1 teaspoon grated lemon peel. Cool at room temperature. Add:

3 c. cream style cottage cheese, sieved	Juice of 1 lemon 1 tsp. vanilla
--	------------------------------------

Chill until thick. Beat 2 egg whites stiffly and add 1/4 cup sugar. Fold into above mixture. Beat 1 pint whipping cream well and fold into above mixture. Pour into crumb crust and top with remaining crumbs. Place in refrigerator overnight.

AUNT MINNIE'S WALNUT TORTE

Mildred Davy

3 eggs	1 c. sugar
1 c. fine graham cracker crumbs	1/2 c. finely chopped walnuts
	Dash of salt

Beat egg whites until stiff, not dry, carefully stir in well beaten egg yolks. Mix sugar, crumbs, nuts and salt together and

AUNT MINNIE'S WALNUT TORTE (Continued)

slowly fold into egg mixture. Bake 35-40 minutes at 325°. I use greased cake pan, round, one with a winder if you have it, but it will come out of the other kind O.K. if you cut it and take it out while it's still warm. Spread with raspberry jam and top with whipped cream. This recipe is an old stand by.

COCONUT JAM SQUARES

Helen B. Knight
Nehalem, Ore.

1 c. flour
Pinch of salt

1 tsp. baking powder

Add:

1/2 c. shortening
1 Tbsp. milk

1 well beaten egg

Roll out or pat into large pan. Spread thinly with raspberry or apricot-pineapple (or your favorite) jam. Then spread the following mixture on top of jam: 1 large piece of butter (size of an egg). Melt and add 1 cup sugar, 1 1/2 cups coconut and 1 egg. Bake at 325° for 25 minutes.

CHOCOLATE CHIP OATMEAL COOKIES

Terry Birk

3 c. flour
2 tsp. salt
1 1/3 c. shortening
1 1/2 c. brown sugar
1 1/2 c. white sugar

4 eggs
2 tsp. hot tap water
3 small pkg. chocolate chips
(18 oz.)
4 c. oatmeal, uncooked
2 tsp. vanilla

Blend ingredients and add chocolate chips. Add nuts if desired. Bake at 350° for 10-12 minutes. Makes approximately 5-6 dozen.

DATE COCONUT COOKIES

Elsie Neal
Bay City, Ore.

1 c. margarine
1 c. sugar
3 Tbsp. grated orange rind
2 eggs
2 c. sifted flour

2 tsp. baking powder
1 tsp. salt
2 c. coconut
1 1/2 c. chopped dates
1 c. rolled oatmeal

Cream margarine and sugar, then add orange rind, add egg, 1 at a time, beat well after each addition. Sift flour, baking

DATE COCONUT COOKIES (Continued)

powder and salt. Blend in creamed mixture, stir in coconut, dates and rolled oats. Drop by teaspoon on greased baking sheet. Bake at 350°, 10-12 minutes. Makes about 5 dozen cookies.

BUTTER COOKIES

Dorothy Klingler

Sift together:

2 1/4 c. flour

1/2 tsp. salt

1 c. powdered sugar

Cut in 1 cup butter or 1/2 butter and 1/2 margarine. Beat 1 egg until light colored. Combine and add to flour mixture:

2 Tbsp. egg

2 tsp. vanilla

Roll thin on powdered sugar board. Cut and spread with remaining egg mixture. Bake at 400° for 5-10 minutes.

CHERRY NUT CREME

Kathleen Kostur

Prepare as directed on package, 1 (3 1/4 ounce) package vanilla pudding, using 1 3/4 cup milk. Soften 1 ounce gelatin in 1/4 cup milk. Stir into hot cooked pudding until dissolved. Cool to room temperature. Whip 1 cup cream, add:

1/4 c. sugar

1/2 tsp. vanilla

Fold into cooled pudding. Line 8 inch square pan with vanilla wafers. Pour in 1/2 pudding mixture. Sprinkle with:

1/2 c. diced marshmallows

1/4 c. maraschino cherries

1/4 c. nuts

Pour in remaining pudding and top with:

1/4 cup nuts

1/4 cup cherries

Chill thoroughly. Cut in squares and serve with whipped cream.

PUMPKIN CUSTARD (Low Calorie)

Marietta S. Butler

1 1/2 c. pumpkin or squash

2 tsp. sweetening solution

1 1/2 c. skim milk

1/2 tsp. vanilla

2 eggs

1 tsp. cinnamon

PUMPKIN CUSTARD (Continued)

1/2 tsp. ginger	1/2 c. cooked rice (opt.)
1/4 tsp. salt (omit for salt free diets)	1/2 c. raisins (opt.)

With egg beater, mix all ingredients, until well blended. Bake at 350° for 50-60 minutes. 1 cup - 65 calories.

BERRY FRUIT PUDDING

Nora Kremers

Melt 2/3 cube butter or margarine in casserole. Mix:

1 c. flour	Pinch of salt
2 tsp. baking powder	2/3 c. milk
1 c. sugar	

Bake 45 minutes at 350°. Pour batter over melted butter; add sugared berries or fruit. (This is very easy and quick. Packaged puddings can also be used. I keep the dry ingredients ready and can have a quick dessert ready in minutes for unexpected company.)

LEMON CAKE PIE

Nora Kremers

Mix together:

1 c. sugar	Pinch of salt
2 heaping Tbsp. flour	2 egg yolks
2 Tbsp. melted butter	

Beat this well until it looks creamy. Then add:

Grated rind of 1 large lemon, also juice	1 c. sweet milk 2 egg whites, beaten stiff
---	---

Pour into an unbaked pie shell in a deep tin. Bake 1/2 hour in a very slow oven.

NABISCO ICEBOX WAFFLE CREAM DESSERT

Frances Freidrich

1 lb. waffle cream Nabisco wafers, rolled into fine crumbs	2 egg yolks 3/4 c. melted butter 1 c. powdered sugar
1 pt. whipping cream, whipped	4 bananas

Roll wafers with rolling pin and spread in pan (press with hand). Save enough crumbs for top. Mix sugar, butter and then

NABISCO ICEBOX WAFFLE CREAM DESSERT (Continued)

add yolks and mix thoroughly. Cut bananas lengthwise in 3 slices. Spread generous amount of mixture on with knife. Then turn upside down and place on first layer of Nabisco. Continue until you have a full blanket of bananas in pan. Put layer of whipped cream on last layer of wafers. Press slightly to make stick. Can be made the evening before. Use 10x14 inch pan.

PRINCESS CHARLOTTE

Frances Friedrich

2 c. milk	1/2 c. sugar
2 Tbsp. cornstarch	2 eggs
6 almonds, sliced	1 envelope Knox gelatine
1 pt. whipped cream	1/2 c. powdered sugar

Soak gelatin in 1/4 cup milk. Scald remaining milk. Add sugar and cornstarch. Cook 15 minutes in double boiler. Add beaten eggs; boil 1 minute longer. Add gelatin and nuts then cool. Add 1/4 teaspoon rum flavoring to custard. Add whipped cream and powdered sugar; fold into custard mixture. Pour into molds and serve with fruit sauce. Sauce as juice from frozen raspberries or maraschino juice.

STRAWBERRY JELLO SUPREME

Joan Toth

2 small pkg. strawberry jello	2 small pkg. frozen straw-
2 bananas	berries
1 medium can crushed pineapple	1 carton sour cream

Mix 1 package jello with 1 cup boiling water and stir in 1 package frozen strawberries, 1/2 can crushed pineapple and 1 mashed banana. Pour into mold and let set. Mix a second batch of jello as above. Spread the set jello with a layer of sour cream, then pour second batch of jello over the top and let set. Unmold on serving dish, garnish with sour cream and fresh strawberries (in season).

GRAHAM WAFER SLICE

Jean Bailey

First cover bottom of 8x12 inch pan with layer of whole graham crackers. Second, filling:

1/2 c. milk	1/2 c. margarine
3/4 c. sugar	1 egg

Mix well and heat to boiling. Cook 2 minutes; then add:

GRAHAM WAFER SLICE (Continued)

1 c. crushed graham crackers	1 c. flaked coconut
1 c. chopped nuts	1 Tbsp. vanilla

Third, pour warm filling over layer of wafers in pan. Smooth top with layer of whole graham crackers. Ice with butter icing. Best to let set overnight before cutting in squares. Will keep in refrigerator for 2 weeks, or may be frozen.

MINCEMEAT

Lorraine LaKnes
Wheeler, Ore.

This recipe is handed down by Lillian Zaddack, a pioneer of Nahelem Valley and grandmother of Charks E. Stephens.

5 lb. meat, chopped fine	1 Tbsp. pepper
3 lb. suet	4 lb. currants
4 lb. raisins	1 lb. citron
2 lb. sugar	4 qt. apples, chopped fine
1 qt. molasses	2 oz. cinnamon
Large lump butter	1 oz. cloves
1 glass jelly	Juice and rind of 1 lemon
1 Tbsp. salt	1/2 gal. apple cider

Combine all ingredients and put in quart jars. Process 30 minutes in water bath.

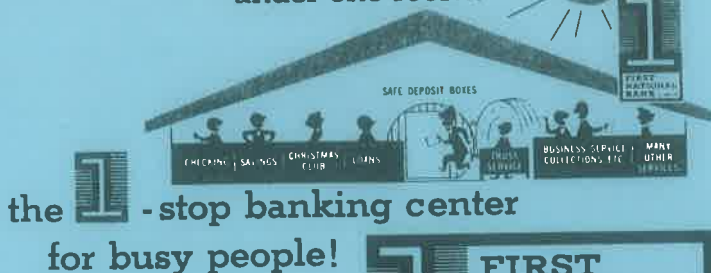
CHRISTMAS STRAWBERRIES

Clare Hays
Oceanside, Ore.

1/2 c. butter	1/2 tsp. salt
2 eggs, slightly beaten	1 tsp. vanilla
1 c. sugar	1 c. chopped nuts
1 1/2 c. snipped dates	2 1/2 c. Rice Krispies
1/2 c. flour	Red sugar

Heat butter in skillet. When partially melted, add eggs and sugar. Mix thoroughly. Blend in dates and cook 5 minutes, stirring constantly. Turn heat low and gradually add flour and stir 7-10 minutes. Add salt, vanilla, nuts and cereal and mix thoroughly. Cool and shape into balls or strawberries. Roll in red sugar. Trim with green cherry pieces. These cookies are very festive looking and delicious.

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DEVILED ANGEL DESSERT

Mrs. Dave Wilson

- | | |
|--|-----------------------------|
| 1 (12 oz.) pkg. chocolate chips | 1/2 tsp. salt |
| 1 (10 oz.) pkg. mini marsh-
mallows | 1 loaf size Angel Food cake |
| 2 Tbsp. water | 3 eggs, separated |
| 1 c. cream, whipped | 1 tsp. vanilla |

Melt chocolate chips, marshmallows and water together. Add 3 egg yolks, well beaten, cook only 1 minute. Cool. Fold whipped cream, salt and vanilla into mixture, then fold in 3 egg whites, stiffly beaten. Pour sauce over Angel Food cake that has been torn into small bits and placed in loaf pan. Chill overnight and serve with whipped cream if desired.

STRAWBERRY BAVARIAN

Mary Carlton

- | | |
|--|--------------------------------|
| 1 envelope low-calorie straw-
berry gelatin | 1/2 c. cold diet Dr. Pepper |
| 1/2 c. hot diet Dr. Pepper | 1/2 c. Special Whipped Topping |

Mix gelatin and hot diet Dr. Pepper until dissolved. Add cold diet Dr. Pepper. Chill until slightly thickened. Whip gelatin until smooth and slightly foamy. Add Special Whipped Topping. Beat until well mixed. Pour into serving dishes. Chill until firm. 4 servings. 35 calories each.

Special Whipped Topping:

- | | |
|---|---------|
| 1/2 c. cold diet Dr. Pepper | Vanilla |
| 1 envelope dessert topping mix
(2 1/4 oz.) | |

Place Dr. Pepper in mixing bowl. Add dessert topping mix. Stir, then beat until topping holds soft peaks. Add vanilla. Makes 2 cups. Use as topping for desserts or salads or as substitute for whipped cream. 1 tablespoon is about 14 calories.

MARTHA WASHINGTON'S PLUM PUDDING

Mae Cronant

Prepare raisins, enough to fill a quart measure; wash and dry a pint of dried currants; cut up a pint citron into small bits; peel, core and also chop into small bits a pint of apples (pipping are best) and a light quart of beef suet that must be perfectly fresh; crumble up a full quart of nice stale light bread and mix all of the above named articles together upon a dish, grating into them 1/2 a nutmeg and sprinkling over a teaspoonful of salt. Now break 8 eggs into large tray or bowl, and beat them until very light, adding

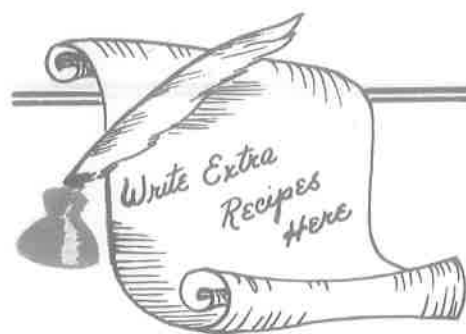
MARTHA WASHINGTON'S PLUM PUDDING (Continued)

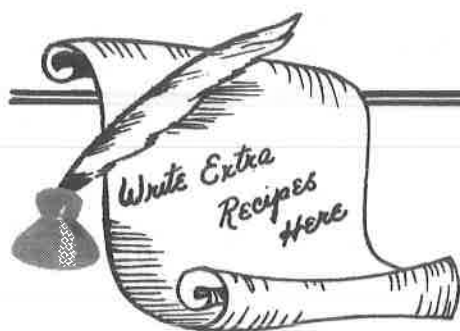
1/2 pint sugar, and 1/2 pint milk and 1 gill of wine or brandy. When you have sifted a quart of flour, take from it enough to flour well the fruit, that it may not fall to the bottom, just as it is done in making fruit cake. Now add to the eggs, the fruit, suet and bread crumbs, stirring in just enough flour to make the whole stick together. This ought not to take more than the quart provided. Have ready a stout cotton cloth or bag, scald it in boiling water and dust flour over the inside until a thin coating is formed; put the pudding in and tie up tightly, after leaving ample room for it to swell; put it in a pot of boiling water to boil steadily for 3 hours. The dangers to be avoided are letting the pudding stick to the bottom of pot, which may be prevented by reversing a plate and laying it beneath, and worse still, letting the string or bag give way so that water is admitted.

Sauce for Pudding:

1 c. butter	1/2 glass brandy or whiskey
2 c. sugar	2 tsp. vanilla
1/2 c. cream, well beaten	Little nutmeg

Cream butter and add sugar gradually. Add cream and vanilla, then wine slowly. When all is beaten smooth, place the bowl in basin of hot water. Stir until the sauce is smooth.





CANDY JELLY PRESERVES



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about $\frac{1}{2}$ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In **CARAMELIZING**, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

CANDY, JELLY, PRESERVES

MARSHMALLOW FUDGE

Marietta S. Butler

- | | |
|--|-----------------------------|
| 2 c. sugar | 1/4 lb. butter or margarine |
| 10-12 large marshmallows | (1 cube) |
| 2/3 c. or 1 small can evaporated milk, do not dilute | 1 pkg. chocolate bits |
| | 1/2 pkg. mint bits |
| | 1 c. fresh cracked walnuts |

Use 2 quart saucepan, medium heat, stirring constantly, melt marshmallows with sugar and milk. Boil mixture 6 minutes, careful not to scorch. Remove from heat, stir in butter, chocolate bits until melted. Vanilla, if desired. Stir in nuts and pour into buttered platter. For layered fudge, use caramel, butterscotch, mint, semi-sweet or combinations. Pour shallow layer and another flavor on top. For rocky-road, pour over a layer of small marshmallows.

CREAMY QUICK FUDGE

Rosemary Petersen

- | | |
|----------------------|----------------------------|
| 1 c. chocolate chips | 1/4 tsp. salt |
| 1 lb. powdered sugar | 1/4 c. (1 stick) margarine |
| 6 Tbsp. canned milk | 1 c. walnut pieces |
| 1 tsp. vanilla | |

Melt chocolate chips over hot water. Combine in mixing bowl powdered sugar, evaporated milk, vanilla and salt, stir until smooth. Add melted chocolate, stir until blended. Stir in soft butter, mix in nuts. Spread in buttered 8 inch square pan, chill until firm then cut into squares. Makes about 1 1/2 pounds candy.

GINGER QUINCE JAM

Nancy Brennan

- | | |
|-----------------------------|-----------------|
| 4 lb. quince | 2 lemons |
| 8 c. sugar | Chopped walnuts |
| 1/4 lb. crystallized ginger | |

Wash, peel, core quince. Chop and cook until tender in boiling water to cover. Add sugar, chopped ginger, juice and grated rind from lemons. Cook until thick; add walnuts, pour into jars and seal while hot.

OLD FASHIONED PEAR JAM

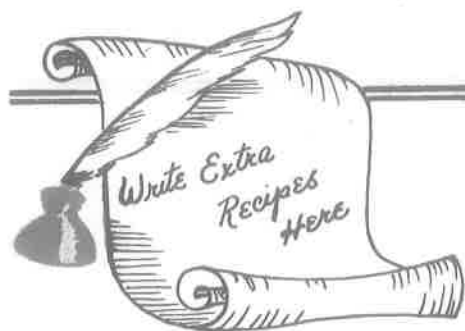
Blanche Russ

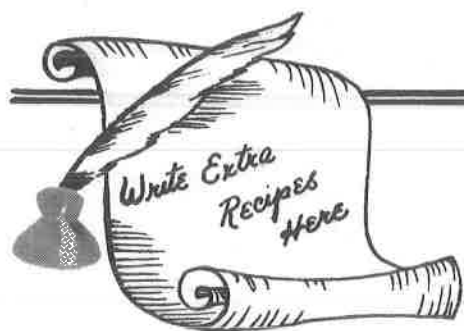
2 c. cut up fresh pears,
skins and all

2 c. sugar
1 Tbsp. lemon juice

Rinse out saucepan with water and leave small amount of water in pan. Place all ingredients in pan and cook at medium heat until it starts to boil down. At that point turn heat down to simmer. Cook very slow, until all moisture is gone. Test by placing small amount in refrigerator for a few minutes to see if it holds shape. Cooking time is 6-8 hours. The slower the better. This recipe makes 1 pint jam. Expand as you wish and make as large a batch as you desire.

** EXTRA RECIPES **





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BEVERAGES & MISCELLANEOUS



FOOD QUANTITIES

FOR SERVING 25, 50 and 100 PERSONS AT PICNIC

Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook.

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 to 6 heads
Meat, Poultry or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints

BEVERAGES AND MISCELLANEOUS

SPARKLING SCARLET DUCK PUNCH

Marge Birk

1 qt. cranberry juice
1 bottle cold duck (wine)

1-2 (28 oz.) bottles 7-Up

Combine all ingredients in punch bowl gently. Makes 20 (5 ounce) servings.

GREEN MIST PUNCH

Dennis Pastega
Tillamook Soda Works

1 qt. lime sherbet
1 qt. pineapple sherbet

3 large (28 oz.) bottles 7-Up
3 large (28 oz.) bottles Squirt

Soften and blend sherbets, then gently add 7-Up and Squirt. Makes approximately 50(4 ounce) servings.

RED SATIN PUNCH

Dennis Pastega
Tillamook Soda Works

1 (12 oz.) can frozen apple
juice concentrate

1 (12 oz.) can frozen cran-
berry juice concentrate
5 large (28 oz.) bottles 7-Up

Blend the two juices; gently add 7-Up. Makes approximately 35(4 ounce) servings.

GOLD PUNCH

Dennis Pastega
Tillamook Soda Works

1 (12 oz.) can frozen orange
juice
1 (46 oz.) can apricot nectar

3 (28 oz.) bottles 7-Up
3 (28 oz.) bottles Squirt

Blend orange juice and nectar. Gently add 7-Up and Squirt. For extra touch float 1 quart orange sherbet on top of punch. Makes approximately 50(4 ounce) servings.

FIESTA PUNCH

Dennis Pastega
Tillamook Soda Works

1 1/2 c. sugar
4 c. water
1/2 c. lemon juice
4 c. (1 qt.) bottled cranberry
juice

1 c. pineapple juice
1/4 tsp. salt
4 c. (1 qt.) Dr. Pepper
Dr. Pepper ice cubes

FIESTA PUNCH (Continued)

Mix sugar with 2 cups water; bring to boil. Cool. Combine this syrup with remaining 2 cups water, lemon juice, cranberry juice, pineapple juice and salt. When ready to serve, stir in cold Dr. Pepper. Pour over Dr. Pepper ice cubes into punch bowl. Makes 25-30 (4 ounce) servings.

Note: Freeze Dr. Pepper ice cubes in refrigerator trays, and use in punch bowl to prevent dilution of the punch.

TIPS FOR MAKING PUNCH

1. Keep recipe simple. Have all ingredients well chilled.
2. Make punch as you need it.
3. Add carbonated beverage last. Do not stir after adding carbonated beverage. Punch will blend as you ladle and sparkle stays through last serving.

TOSTADA

Carolyn Birk

2 large tortillas (flour or corn)	1 c. grated Cheddar cheese
1/2 lb. ground beef	1 c. shredded lettuce
1 can bean dip	1 mashed avocado
1 medium tomato	Taco sauce
1/2 medium onion	Cooking oil

Fry tortillas until golden brown and crispy. Drain off excess oil. Fry beef, breaking apart, until fully cooked. While beef is cooking, cut up tomato and onion into small pieces. Spread each tortilla with the bean dip and mashed avocado. Place equal amounts of ground beef on each. Garnish with lettuce, cheese, onion and tomato.

FRENCH DRESSING

Nancy Brennan

1/2 c. sugar	2 Tbsp. lemon juice
1 tsp. salt	1/3 c. catsup
1 tsp. paprika	1/2 c. Wesson oil
1/2 tsp. mustard	1/3 c. vinegar
1 Tbsp. grated onion and garlic	

Mix first 7 ingredients together. Add oil and shake then add vinegar.

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THOUSAND ISLAND DRESSING

Nora Kremers

Mash 1 hard cooked egg, add:

1 c. mayonnaise
1/2 c. chili sauce
1/3 c. pickle relish

1 tsp. vinegar
1 Tbsp. chopped parsley

BROCCOLI CROWN

Marjorie Christensen

1 bunch fresh broccoli (about
2 lb.)
1 small onion, chopped (1/4 c.)
4 Tbsp. (1/2 stick) margarine
or butter
4 Tbsp. flour

1 tsp. salt
1/2 c. hot sauce
1 c. milk
1/2 c. salad dressing
1/4 c. chopped parsley
3 eggs

Trim outer leaves and tough ends from broccoli. Chop stems and flowers (should be about 4 cups). Cook in small amount of boiling salted water, 10 minutes or until crispy tender. Drain. Sauté onion in margarine until soft. Stir in flour and salt. Cook until bubbly. Stir in milk, stirring until sauce thickens and boils, about 1 minute. Beat eggs slightly. Stir in about 1/2 cup hot sauce, quickly stir back into remaining sauce in pan. Cook, stirring constantly, 3 minutes. Stir in salad dressing and parsley. Remove from heat at this point. Fold into drained broccoli. Put in greased mold or casserole. Bake 350° for 30 minutes or until set. I put this into a ring jello mold. When turned out onto a plate for serving, I fill center of the mold with spiced crab apples.

BAKED BEANS

Marjorie Christensen

2 cans B&M baked beans,
drained
2 cans butter beans,
drained
2 cans kidney, beans, drained

1 lb. bacon
1 1/2 onions, chopped
1 c. catsup
1 c. brown sugar

Drain canned beans. Sauté the bacon and chopped onions and drain away most of the grease. Mix together the beans, bacon, onions, catsup and brown sugar and place in casserole. Bake 350° for 1 hour.

Note: You may wish to divide the recipe in 1/2 for a smaller crowd.

TILLAMOOK CHEESE RAREBIT

Mary Carlton

2 c. Tillamook Cheddar
cheese, shredded

1/2 c. Budweiser beer

1 Tbsp. butter

1/4 tsp. dry mustard

1/2 tsp. paprika

1 beaten egg

Heat cheese, beer, butter and seasonings in a double boiler. Keep heat low and stir until smooth. Blend in egg. Stir until thickened.

Serve over toast and top with slice of crisp bacon.

MY MAMMA'S NOODLES

Gerry Hysmith

Use as many eggs as you want to, considering who and how many people you are going to have.

To each egg, beaten, add salt and pepper, and 1 tablespoon water. Better still, use 1/2 of egg shell as measuring cup. Then with fork, start whipping in flour until noodles are quite stiff, the dough that is, roll very thin. The dough should be quite dry. If still a bit moist, smooth some flour on by hand. Cover and let dry. Roll up, and cut with a very sharp knife. Stick them in some good chicken broth, with a bit of chicken, like a lot, or use them with beef stock. Just anywhere you would like noodles - try these.

BAR-B-QUE SAUCE

Karen Zintak

1/2 c. Brook's catsup

1/2 c. chili sauce

1/4 tsp. dry mustard

1 Tbsp. Lea & Perrin's steak
sauce

1/2 c. brown sugar, packed

1/2 tsp. salt

1/4 tsp. pepper

2 Tbsp. flour

Cook until heated through, if too thick, add water. For chicken, make original recipe, but add:

1 stick margarine

1/2 c. chicken stock

Juice of 1 lemon

** EXTRA RECIPES **

**** EXTRA RECIPES ****



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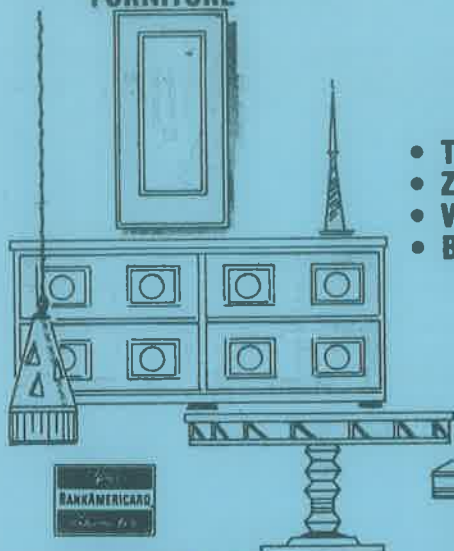


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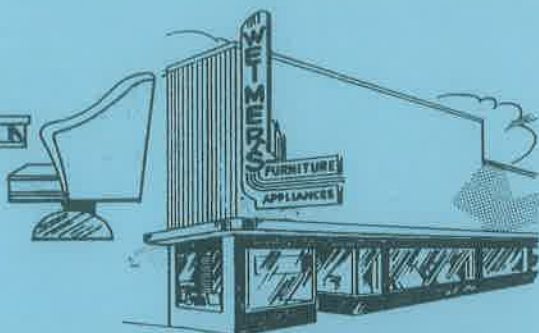
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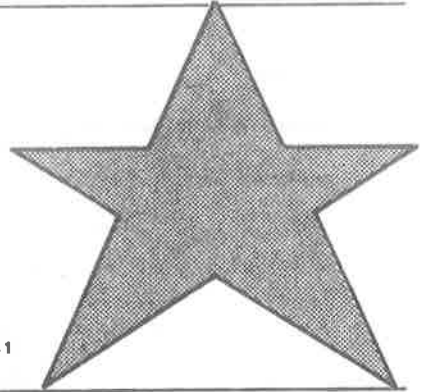
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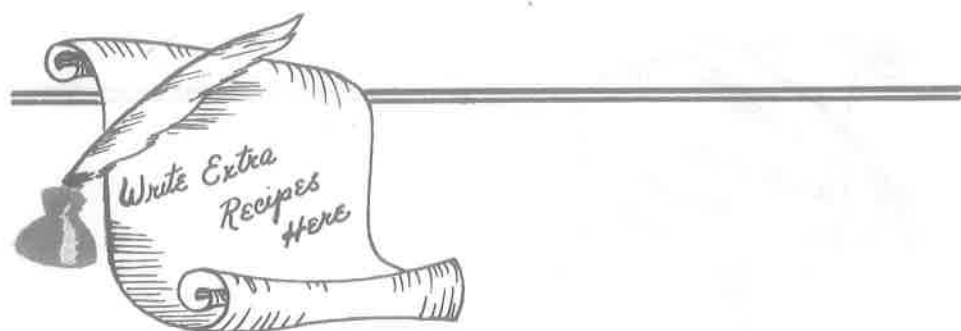
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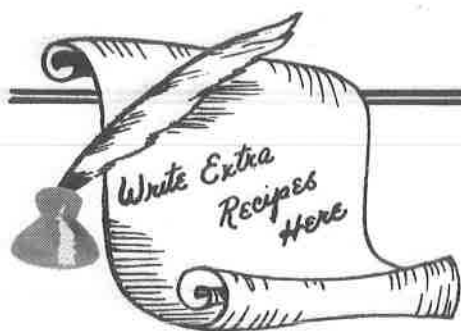


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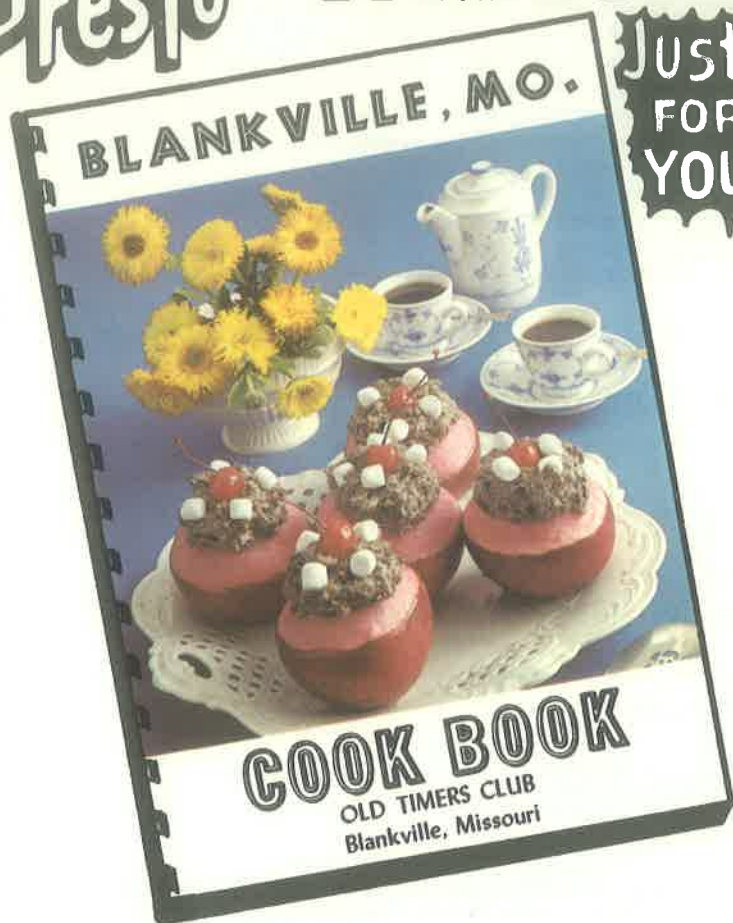
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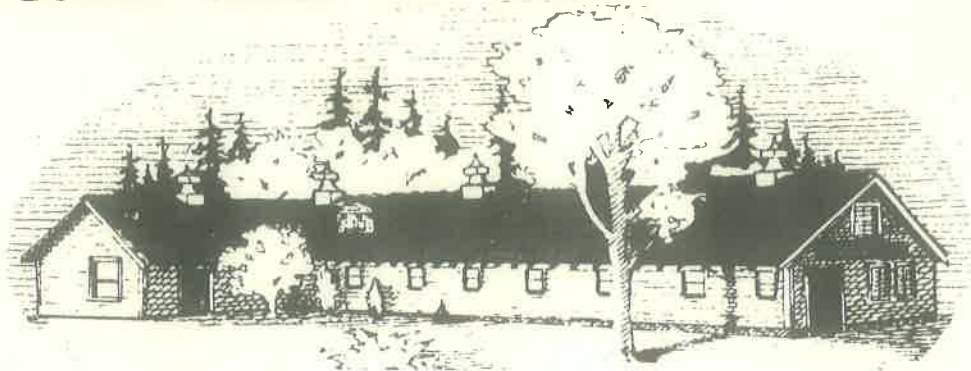
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